

# ORT FARMS 2019 CSA



This is your weekly email containing a Recipe of the Week for each vegetable, herb, or fruit item from your CSA share. Also included is information on health benefits, how to choose your produce, and storage tips.

We welcome recipe sharing so if you have a recipe that you would like to share, please email it to [jen@mealdiva.com](mailto:jen@mealdiva.com) and we will be sure to share it!



# Arugula



## Recipe of the Week:

"Lemony Arugula Salad with Couscous, Cucumbers and Feta" from Inspired Taste

**This lemony arugula and couscous salad is crave-worthy.**

<https://www.inspiredtaste.net/36077/arugula-salad-with-couscous/>

### Health Benefits:

- Arugula is a rich source of certain phytochemicals that have been shown to combat cancer-causing elements in the body. Arugula is also a great source of folic acid and Vitamins A, C and K. As one of the best vegetable sources of Vitamin K, arugula provides a boost for bone and brain health.

### How to Choose:

- Fresh arugula has long, firm, bright green leaves. Larger leaves are more peppery than small ones.

### Storage Tips:

- If your arugula has roots, wrap the stems in a moistened paper towel and place in a plastic bag in the most humid area of the refrigerator (usually the vegetable drawer). Keep loose leaves in a plastic bag

# Kale



## Recipe of the Week:

“Easy Kale Salad - with Lemon Dressing” from Pinch Me Good Blog

Tangy, crunchy, full of incredible lemon flavor mixed with the amazing superfood KALE!

<https://pinchmegood.com/easy-kale-salad/>

### Health Benefits:

- Kale is a very versatile and nutritious green leafy vegetable. It is a widely popular vegetable since ancient Greek and Roman times for its low fat, no cholesterol but health benefiting anti-oxidant properties.
- Kale is very rich source of beta-carotene, lutein and zeaxanthin. These flavonoids have strong anti-oxidant and anti-cancer activities.

### How to Choose:

- Look for kale with dark bunches that have small to medium leaves.

### Storage Tips:

- Store kale in a plastic bag in the coldest part of the refrigerator for up to 5 days.

# Peach



## Recipe of the Week:

"Grilled Kale with Ricotta & Peaches" from She Wears Many Hats

Grilling kale leaves over a hot fire makes them crispy and delicious. Tossing them with fresh peaches, a simple vinaigrette and pairing with creamy ricotta transforms them even further - into what may be one of our favorite summertime salads.

<https://thepeachtruck.com/blogs/the-peach-truck-kitchen/grilled-kale-with-ricotta-amp-peaches>

### Health Benefits:

- Peaches are a rich source of beta carotene that improves vision health by increasing circulation of blood in the all body parts

### How to Choose:

- When selecting peaches, smell the fruit. The peach is a member of the rose family and should have a pleasingly sweet fragrance
- Peaches should be soft to the touch but not mushy. Don't squeeze peaches; they bruise easily

### Storage Tips:

- Place firm peaches on the counter at room temperature and they will ripen within a few days.
- Promptly refrigerate ripe peaches, and eat them within a week of purchase

# Blueberry



## Recipe of the Week:

**"Pumpkin Blueberry Waffles"** from Pinch Me Good Blog

Pumpkin Blueberry Waffles - Sweet, tangy and full of protein and essential nutrients, these waffles are the perfect *COZY* Sunday breakfast. Also, vegan and gluten free.

<https://pinchmegood.com/pumpkin-blueberry-waffles/>

### Health Benefits:

- This little super-fruit packs a serious punch as an antioxidant powerhouse and a disease fighter.

### How to Choose:

- Look for berries that are vibrantly colored, taut and shiny.
- Check the bottom of the basket as well to make sure there isn't leakage from damaged berries that may be hidden..

### Storage Tips:

- Berries are very delicate and should be refrigerated tightly sealed.

# Basil



## Recipe of the Week:

"Love Real Food  
Basil Gimlet" from Cookie & Kate blog

A basil cocktail - yum!

<https://cookieandkate.com/basil-gimlet/>

### Health Benefits:

- Basil is rich in vitamin A, vitamin K, vitamin C, magnesium, iron, potassium, and calcium.

### How to Choose:

- The leaves of fresh basil should look vibrant and be deep green in color. They should be free from dark spots or yellowing.

### Storage Tips:

- To keep basil fresh, trim the stems and place them in a glass or jar of water, just like cut flowers. Loosely cover it with a plastic bag and leave it on the counter.

# Beet



## Recipe of the Week:

"Love Real Food

Simple Beet, Arugula and Feta Salad with Hilary's Balsamic Thyme Dressing" from Cookie & Kate Blog

This simple salad features a few marvelously complementary flavors: earthy beets, bitter arugula, salty feta, savory pepitas and sweet and tangy balsamic dressing.

<https://cookieandkate.com/simple-beet-arugula-and-feta-salad-with-hilarys-balsamic-thyme-dressing/>

### Health Benefits:

- Potassium, magnesium, fiber, phosphorus, iron; vitamins A, B & C; beta-carotene, beta-cyanine; folic acid.

### How to Choose:

- Select small to medium beets with firm, smooth skin and no soft spots or punctures.
- The foliage should be green and fresh-looking..

### Storage Tips:

- Store beets, greens and all, in a produce bag in the coldest part of your refrigerator for up to two weeks.
- If you don't have room for all that foliage, snip it off about an inch above the root, but save the greens. They're tasty, too.

# Onion



## Recipe of the Week:

"hicken salad with onion pickle" from The Guardian Blog

A Vietnamese dish full of vibrant, punchy flavours that are lifted and brightened by the onion pickle.

<https://www.theguardian.com/lifeandstyle/2014/dec/27/onion-recipes-soup-fritters-salad-10-best>

### Health Benefits:

- The phytochemicals in onions improve the working of Vitamin C in the body, thus gifting you with improved immunity.
- Onions contain chromium, which assists in regulating blood sugar.
- Those bright green tops of green onions are rich in Vitamin A, so do use them often.

### How to Choose:

- Choose firm dry onions with shiny, tissue-thin skins. "Necks" should be tight and dry

### Storage Tips:

- Dry onions keep three to four weeks if stored in a dry, dark, cool location. Don't store them next to potatoes, which give off a gas that'll cause onions to decay.

# Cucumber



## Recipe of the Week:

"Spicy Cucumber Soup" from all recipes

This vegetarian soup is thick and savory with just the right amount of kick from curry and spices

<https://www.allrecipes.com/recipe/171343/spicy-cucumber-soup/>

### Health Benefits:

- Cucumbers are a good source of B vitamins so put down your sodas and coffee and eat a cucumber slice

### How to Choose:

- Look for firm cucumbers, without blemishes or soft spots

### Storage Tips:

- Cucumbers will keep for up to a week if wrapped loosely in plastic and stored in the crisper

## Garlic Scapes



# Recipe of the Week:

"Garlic Scape Soup" from MMM Garlic Blog

A delicious soup with a garlic twist!

<https://www.mmmgarlic.com/garlic-scape-soup/>

### Health Benefits:

- They have a high content of protein, vitamin C, and calcium.
- Garlic scapes also have many of the same health benefits of garlic cloves. Some of the common benefits are reducing inflammation while boosting your immune system and combating certain health issues such as heart disease, high blood pressure and cholesterol, and possibly even cancer.

### How to Choose:

- The top of the stalks should be thick and topped with a pointy pod.

### Storage Tips:

- They will keep up to 3 weeks when refrigerated loosely in plastic.
- They also keep well stored upright in a vase full of water.

## Garlic



# Recipe of the Week:

"Fresh Green Beans & Garlic" from Taste of Home

In this recipes fresh garlic is the star!

<https://www.tasteofhome.com/recipes/fresh-green-beans-garlic/>

### Health Benefits:

- It is a good source of selenium
- Believed to have anti-inflammatory benefits across body systems
- Believed to have antibacterial and antiviral Benefits
- Believed to have cancer prevention

### How to Choose:

- Choose garlic heads that are firm to the touch, with no nicks or soft cloves.

### Storage Tips:

- Store unpeeled heads of garlic in an open container in a cool, dry place away from other foods. Do not refrigerate or freeze unpeeled garlic. Properly stored garlic can keep up to three months.

# Kohlrabi



## Recipe of the Week:

"Grilled Kohlrabi" from Nutritious Life Blog

Grilled kohlrabi is tasty and easy to make. It's the perfect side dish for all summer occasions!

<https://www.tasteofhome.com/article/grilled-kohlrabi/>

### Health Benefits:

- Kohlrabi's immunity boosting capabilities can be attributed to its vitamin C content.
- Kohlrabi is an excellent source of dietary fiber and it's full of potassium.

### How to Choose:

- Look for blemish-free skin. It should appear tender but not soft, with the skin quite thin.

### Storage Tips:

- Place it inside a plastic bag. Stored in this way, it will keep fresh for up to a week..

# Radishes



## Recipe of the Week:

"Cucumber and Radish Salad" from Rachel Ray

Crisp cucumbers meet crunchy radishes and dill in this delightful salad that makes a great accompaniment to just about anything!

<https://www.reneeskitchenadventures.com/2014/06/dilled-cucumber-and-radish-salad.html>

### Health Benefits:

- Radishes are low in calories but high in nutrients.

### How to Choose:

- Look for radishes that have medium-sized form and crisp roots.
- Smaller is better when it comes to choosing them.

### Storage Tips:

- Separate the leafy green tops from the root part of the vegetables. Store the greens in a sealed plastic bag in the fridge and wash them only when your ready to use them
- Store the root part of the vegetable in a loosely sealed plastic bag in the crisper drawer.

String bean



## Recipe of the Week:

"Fresh Green Bean Salad" from Food Network

**A great alternative to a cooked green bean dish!**

<https://bunnyswarmoven.net/fresh-green-bean-salad/>

### Health Benefits:

- Green beans are an excellent source of vitamin K.
- They are a very good source of manganese, vitamin C, dietary fiber, folate, and vitamin B2.
- Green beans have also been shown to contain valuable amounts of the mineral silicon, and in a form that makes it easier for us to absorb this bone-supportive and connective tissue-supportive nutrient.

### How to Choose:

- Purchase beans that have a smooth feel and a vibrant green color, and that are free from brown spots or bruises.
- They should have a firm texture and "snap" when broken..

### Storage Tips:

- Store unwashed fresh beans pods in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

# Corn



## Recipe of the Week:

"Roasted Sweet Corn" from Easy Healthlic Blog

Roasted corn makes a delicious side dish and can also be used as a crunchy topping for salads.

<https://easyhealthlic.com/side-dish/roasted-sweet-corn/>

### Health Benefits:

- Corn is a good source of pantothenic acid, phosphorus, niacin, dietary fiber, manganese, and vitamin B6.

### How to Choose:

- Look for corn whose husks are fresh and green and not dried out. They should envelope the ear and not fit too loosely around it.
- To examine the kernels, gently pull back on part of the husk. The kernels should be plump and tightly arranged in rows.

### Storage Tips:

- Store corn in an air-tight container or tightly wrapped plastic bag in the refrigerator if you do not intend to cook it on the day of purchase.
- Do not remove its husk since this will protect its flavor.

# Tomatoes



## Recipe of the Week:

"Chicken Stuffed Tomatoes" from almanac blog

Who needs bread when you can stuff a tomato for lunch!?

<https://www.almanac.com/recipe/chicken-stuffed-tomatoes#>

### Health Benefits:

- Intake of tomatoes has long been linked to heart health.
- Fresh tomatoes and tomato extracts have been shown to help lower total cholesterol, LDL cholesterol, and triglycerides

### How to Choose:

- Select tomatoes that are deeply colored and firm, with a little give.
- Sniff all tomatoes if you can. If they're missing that sweet, woody smell, leave them behind.

### Storage Tips:

- Keep tomatoes at room temperature on a plate; never store them in a plastic bag

## Summer Squash



# Recipe of the Week:

“ Blueberry Zucchini Bread” from All Recipes

Blueberries and zucchini baked up into delicious little summertime bread loaves

<https://www.allrecipes.com/recipe/74657/blueberry-zucchini-bread/>

### Health Benefits:

- Zucchini is a great source of potassium and vitamin A.
- They contain moderate levels of B-complex group of vitamins like thiamin, pyridoxine, riboflavin and minerals like iron, manganese, phosphorus, and zinc.

### How to Choose:

- Zucchini should be no longer than six inches, one to two inches in diameter.
- Zucchini should have firm, shiny, and slightly prickly skin, be free of cuts and blemishes, and have at least one inch of stem attached..

### Storage Tips:

- Store zucchini, unwashed, in a perforated plastic bag in the crisper drawer of refrigerator up to 5 days.
- Cooked zucchini should be covered, refrigerated and used within two days.
- To freeze zucchini, slice into rounds, boil for two minutes, plunge into cold water, drain, and seal in airtight containers or baggies.